

WE CLAIM:

1. A method for treating a postpartum woman to encourage the cessation of lactation, comprising applying a composition comprising an amount of greater than 1% cabbage leaf extract by weight of the final composition to the affected area of said woman's breasts repeatedly each day, commencing on the date of delivery and extending until lactation subsides.
2. The method of Claim 1, wherein said composition comprises an amount of about 1.1% to about 25% cabbage leaf extract by weight of the final composition.
3. The method of Claim 1, wherein said composition comprises 5% cabbage leaf extract by weight of the final composition.
4. The method of Claim 1, wherein said composition comprises 5% cabbage leaf extract, 0.5% grape seed extract, and 0.5% cucumber extract by weight of the final composition.
5. The method of Claim 1, 2, 3 or 4, further comprising the step of binding the breasts after said composition is applied to the breasts.
6. A method for treating a lactating woman to encourage the cessation of lactation, comprising applying a composition comprising an amount of greater than 1% cabbage leaf extract by weight of the final composition to the affected area of said woman's breasts repeatedly each day, commencing on a desired date and extending until lactation subsides.
7. The method of Claim 6, wherein said composition comprises an amount of about 1.1% to about 25% cabbage leaf extract by weight of the final composition.
8. The method of Claim 6, wherein said composition comprises 5% cabbage leaf extract by weight of the final composition.
9. The method of Claim 6, wherein said composition comprises 5% cabbage leaf extract, 0.5% grape seed extract, and 0.5% cucumber extract by weight of the final composition.
10. The method of Claim 6, 7, 8 or 9, further comprising binding the breasts after said composition is applied to the breasts.

11. A method for treating a lactating woman in need of treatment for or prevention of breast engorgement during lactation cessation, comprising applying a composition comprising an amount of greater than 1% cabbage leaf extract by weight of the final composition to the affected area of said woman's breasts repeatedly each day, commencing on a desired date and extending until lactation subsides.

12. The method of Claim 11, wherein said composition comprises an amount of about 1.1% to about 25% cabbage leaf extract by weight of the final composition.

13. The method of Claim 11, wherein said composition comprises 5% cabbage leaf extract by weight of the final composition.

14. The method of Claim 11, wherein said composition comprises 5% cabbage leaf extract, 0.5% grape seed extract, and 0.5% cucumber extract by weight of the final composition.

15. The method of Claim 11, 12, 13 or 14, further comprising binding the breasts after said composition is applied.

16. A method for treating a lactating woman for symptoms of breast engorgement, comprising applying one application of a composition comprising an amount of greater than 1% cabbage leaf extract by weight of the final composition to the affected area of said woman's breasts, commencing upon appearance of said symptoms.

17. The method of Claim 16, wherein said composition comprises an amount of about 1.1% to about 25% cabbage leaf extract by weight of the final composition.

18. The method of Claim 16, wherein said composition comprises 5% cabbage leaf extract by weight of the final composition.

19. The method of Claim 16, wherein said composition comprises 5% cabbage leaf extract, 0.5% grape seed extract, and 0.5% cucumber extract by weight of the final composition.

20. The method of Claim 16, 17, 18 or 19, further comprising applying said composition to the affected area of said woman's breasts once per day until symptoms subside.

21. A method for preventing symptoms of breast engorgement in a postpartum woman's breasts, comprising applying one application of a composition comprising an amount of greater than 1% cabbage leaf extract by weight of the final composition to said woman's breasts, commencing on the day milk comes in.

22. The method of Claim 21, wherein said composition comprises an amount of about 1.1% to about 25% cabbage leaf extract by weight of the final composition.

23. The method of Claim 21, wherein said composition comprises 5% cabbage leaf extract by weight of the final composition.

24. The method of Claim 21, wherein said composition comprises 5% cabbage leaf extract, 0.5% grape seed extract, and 0.5% cucumber extract by weight of the final composition.

25. The method of Claim 21, 22, 23 or 24, further comprising applying said composition to said woman's breasts once per day as symptoms appear.

26. A formulation for preventing or treating breast engorgement, comprising an extract of a vegetable leaf selected from the group consisting of *Brassica oleracea capitata* and *Brassica Campestris Pekinenis* in an amount comprising greater than 1% by weight of said formulation and an acceptable topical carrier.

27. The formulation of Claim 26, wherein said formulation comprises an amount of about 1.1% to about 25% cabbage leaf extract by weight of the final formulation.

28. The formulation of Claim 26, wherein said formulation comprises 5% cabbage leaf extract by weight of the final formulation.

29. The formulation of Claim 26, wherein said formulation comprises 5% cabbage leaf extract, 0.5% grape seed extract, and 0.5% cucumber extract by weight of the final formulation.

30. A formulation for promoting lactation cessation in a lactating woman, comprising an extract of a vegetable leaf selected from the group consisting of *Brassica oleracea capitata* and *Brassica Campestris Pekinenis* in an amount comprising greater than 1% by weight of said formulation and an acceptable topical carrier.

31. The formulation of Claim 30, wherein said formulation comprises an amount of about 1.1% to about 25% cabbage leaf extract by weight of the final formulation.

32. The formulation of Claim 30, wherein said formulation comprises 5% cabbage leaf extract by weight of the final formulation.

33. The formulation of Claim 30, wherein said formulation comprises 5% cabbage leaf extract, 0.5% grape seed extract, and 0.5% cucumber extract by weight of the final formulation.

34. A kit for the treatment of breast engorgement, comprising a formulation consisting of a cabbage extract and an acceptable topical carrier, said cabbage extract comprising greater than 1% by weight of said formulation, and instructions for the application of said formulation to a lactating woman.

35. The kit of Claim 34, further comprising a breast-binding means selected from the group consisting of a tight-fitting garment or bandaging material.

36. A kit for promoting lactation cessation in a lactating woman, comprising a formulation consisting of a cabbage extract and an acceptable topical carrier, said cabbage extract comprising greater than 1% by weight of said formulation, and instructions for the application of said formulation to said lactating woman.

37. The kit of Claim 36, further comprising a breast-binding means selected from the group consisting of a tight-fitting garment or bandaging material.